

# 6 easy STEPS

## Aluminum Foil containers are safe.

Independent laboratories in Canada, the United States, United Kingdom, Denmark and Switzerland have declared the use of aluminum foil containers to be safe in microwave ovens. Used correctly, they will not harm modern microwave ovens.

## Aluminum Foil containers are convenient.

Aluminum Foil containers are ideal for re-heating home and restaurant leftovers, cooking frozen foods and warming bakery items. Leftovers transfer mess-free from your fridge or freezer to the microwave, because aluminum foil containers don't absorb moisture or grease.

## Aluminum Foil containers are recyclable.

Make the environmentally smart choice with aluminum foil containers. Just rinse container after use and place it in your recycling box with other aluminum products.\*

## Aluminum Foil containers are economical.

They're durable and won't stain. You can use aluminum foil containers again and again.

## Aluminum Foil containers assist browning.

The walls of aluminum foil containers promote a top-down cooking pattern which encourages browning. If your microwave oven has a browning element, you can use aluminum containers with no risk of fire. On the other hand, plastic containers can melt or distort with browning elements due to their low temperature resistance.

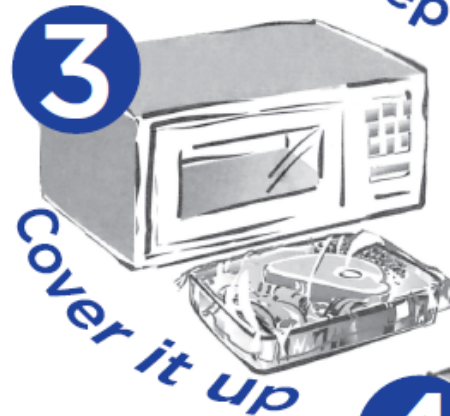
*\*Most communities support recycling of aluminum foil. Please consult your local authorities for more information.*



Remove any metal lid or aluminum foil wrap from the aluminum foil container



Make sure the food almost fits the container.



Loosely cover the aluminum foil container with microwavable plastic wrap or wax paper. This prevents splattering and traps steam for faster cooking.



Place the aluminum foil container on a plate or a glass dish.



Position the aluminum foil container in the centre of the microwave oven at least one inch from the sidewalls. To prevent sparking, make sure the container is not touching any metallic surface.



Cook or eat food to desired temperature.